

## **Class Descriptions**

### **Stretch & Tone Class**

Stretch and tone is a unique low impact exercise program that will include stretching, aerobic, toning activity and relaxation techniques, all set to music. It's a great way to have fun while staying healthy. This high energy class is designed to increase your range of motion while you add strength and lose weight at the same time.

Fee: \$3.00 per class Monday & Wednesday 6:30 p.m.-7:30 p.m

### **Zumba Class**

Zumba will enhance musical rhythm and tantalizing moves to create a dynamic workout system that is designed to be fun and easy to do! The routines have several training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Fee: \$6.00 per class Days/Time: Tuesday & Thursday 6:30 p.m.-7:30 p.m.  
Saturday: 9:15 a.m.-10:15 a.m.

### **Stepping Class**

Stepping is derivative of several African American dance forms (Jitterbug, the swing, hustle, and bop. This form of dance consist of two or more people dancing as partners in synchronization to a 6 to 8 count beat to musical sounds of Jazz, Soul Funk, R&B, Neo Soul, and old Skool. Fee: \$5.00 per class Thursday 6:00 p.m.-7:00 p.m.

### **Karate Class**

Participants will learn the basic strikes, blocks, kicks and martial arts. This class will help to build physical conditioning of the body, teach self defense, and develop self-discipline. Fee: 7:00 per class; Days/Time: Monday -Wednesday -Friday 6:00 p.m.-7:00 p.m.

### **Young Champion – Cheer**

Participants will learn the basic techniques; cheers, chants, positions, dance routines. Cheer age levels: 4-6 yrs., 7-9 yrs, 10-15 yrs.

Fee: \$7.00 per class Tuesday 5:00 p.m.-6:00 p.m.

### **Hip-Hop – Core**

Participants will learn the basic fundamental, high energy professional level of dance training. Fee: Free Days/Time: Saturday: 9:00 a.m.-10:00 a.m.

**Fundamental Basketball**

Participants are introduced the fundamentals of basketball with several skills and techniques used within sports. Each participant will learn dribbling, rebounding, passing, shooting and defense.

Fee: Free; Days/Times: Monday, Tuesday & Thursday 5:00 p.m.-7:45 p.m.

**After school Program**

Participant will have an opportunity to complete home work or receive a one on one tutor if needed. This program will help our youth to gain discipline

Fee: Free Monday-Friday 3:00 p.m.-5:00 p.m.

**Soccer Program - Core**

Participants will learn the basic drills and positions of the game. Within daily drills each participants will have knowledge of how to play the game of soccer.

Fee: Free Monday-Friday practices Games on Saturday